

# **BODY LITERACY FOR CHILDREN**

## **BOOK 3**



Tathapi



### **Body Literacy for children Book 3**

#### **Written by**

Audrey Fernandes, Medha Kale



**Published by**  
Tathapi Trust  
425 DP, 77 TMV Colony  
Mukundnagar, Pune 411037  
Tel – 020 24260264  
email - [tathapi@tathapi.org](mailto:tathapi@tathapi.org)  
website - [www.tathapi.org](http://www.tathapi.org)

Any part of this workbook can be used for dissemination but strictly not for commercial purposes.  
It can be used by anyone with due acknowledgement to Tathapi Trust.

**Artwork and Design: Wendy D'Cruz and Madhuvanti Anantharajan**

**Suggested donation price: Rs. 60 only**

Much debate has gone into the relevance, form, need and structure of sexuality education for children. While it is a must, the set of progressive workbooks is one tool to impart gender sensitive sexuality education to children aged 10 and above, to increase the comfort level of facilitators and children through 'Body Literacy'. The workbooks rely on the collective experience of many 'seniors' who dedicated their lives, and work to imparting scientifically based sexuality education particularly in Maharashtra. We see this as an addition to their work. We thank all the schools we have worked with over the years, the students whose giggles, questions, and sometimes biting responses have all contributed. We thank the teachers, counselors, parents, and NGO workers who have participated our workshops, consultations and trainings all over the State.

We thank Neeta Shah, Principal of Vijay Vallabh, the Dr Ambedkar School, and the City International School for testing and feedback of the worksheets. We are also indebted to Nivedita Krishnaswami, Dilmeher Bhola and Mini Srinivasan for reviewing the English drafts.

We are thankful to Sir J R D Tata Trust, Mumbai for making the workbooks possible. Besides the financial support, we are grateful for the freedom to innovate and the faith placed in us.

**Some concepts have been used from other sources, which we gratefully acknowledge, as follows,**

Questions on growing up  
Activity - Systems of the Body Paper dolls  
Drawings and text  
  
Drawings on reproductive parts of the body

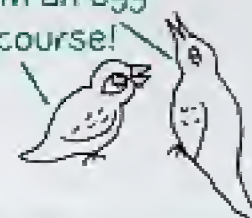
The Red Book - what you want to know about yourself TARSHI, 1999  
[www.arvindguptatoys.com](http://www.arvindguptatoys.com)  
How babies are born - by Andrew Andre and Steven Shelpe, Hindi Translation Arvind Gupta,  
BGVS, India  
What is happening to our bodies: Book for girls' Linda Madaras, New Market Press, NY, 2000.

**August 2009**



# WHERE DID WE COME FROM?

from an egg  
of course!



## The Clock of Time

Humans are a fairly recent happening in the evolution of life on earth. Scientists think the earth is about 4.6 billion years old. If you take this huge time span and compare it to a 24-hour clock, here's how life fits into the hours of the day and night:

### A Day in the Life of Our Earth

The first living things would appear in the sea about eight o'clock in the morning.

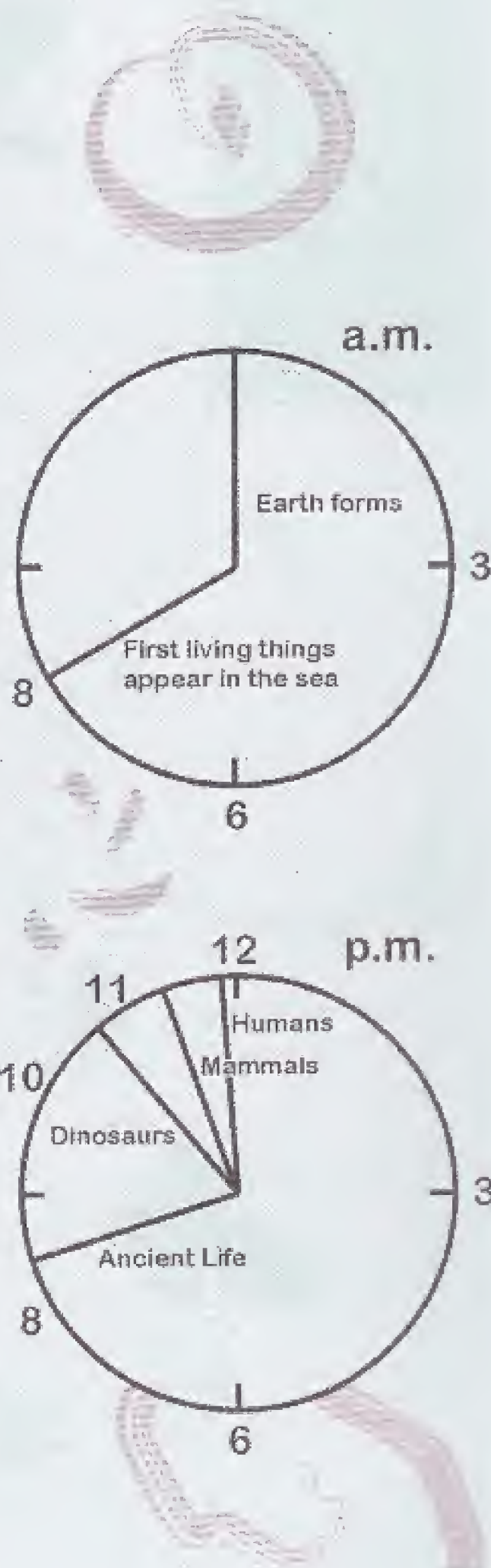
The beginning of the Age of Ancient Life would not start until a little before nine o'clock at night.

Just before 11 PM, the Age of Dinosaurs would begin.

Then at a little past 11.30 the Age of Mammals would begin.

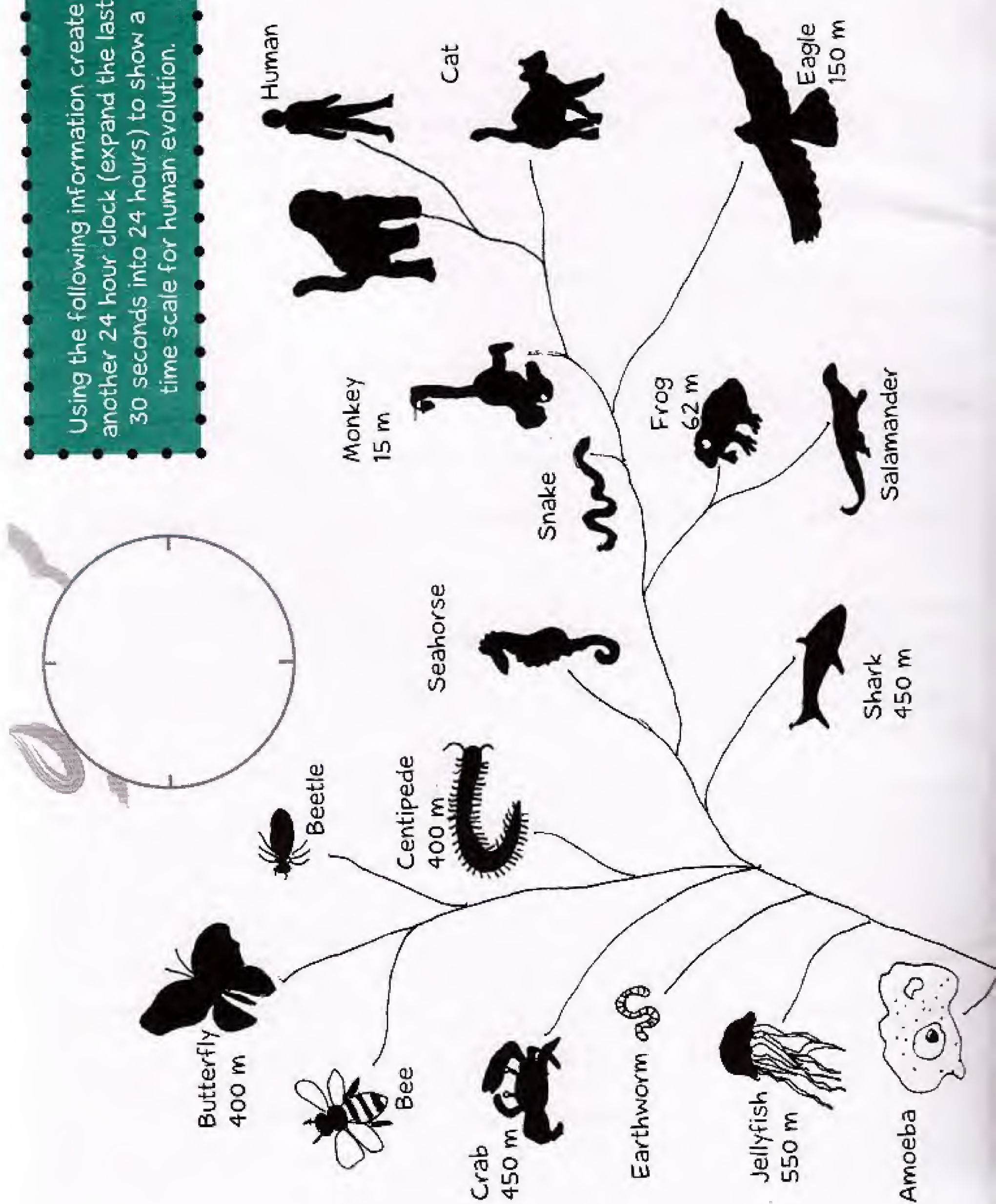
Sometime after 11.59 and before midnight (less than a minute on this clock) the first human beings would appear. And all of human evolution and growth of civilization up to the present would occur in less than the remaining 30 seconds.

Even though we are only a small part in the clock of evolution, that last 30 seconds is equal to 16 million years in real time.





Using the following information create another 24 hour clock (expand the last 30 seconds into 24 hours) to show a time scale for human evolution.





## What are mammals?

Mammals are animals that have hair and are warm blooded. They feed their young with mother's milk from mammary glands. Modern day mammals include humans, apes, cats, bats, dogs, tigers, mice, moose, aardvarks, beavers, elephants, gorillas, sloths, pandas, hamsters, horses, whales, and dolphins...

## What are primates?

Primates are a group within mammals. Primates also include humans. They are usually recognised based on their skull, teeth and limbs. They have large braincase, and stereoscopic eyesight.

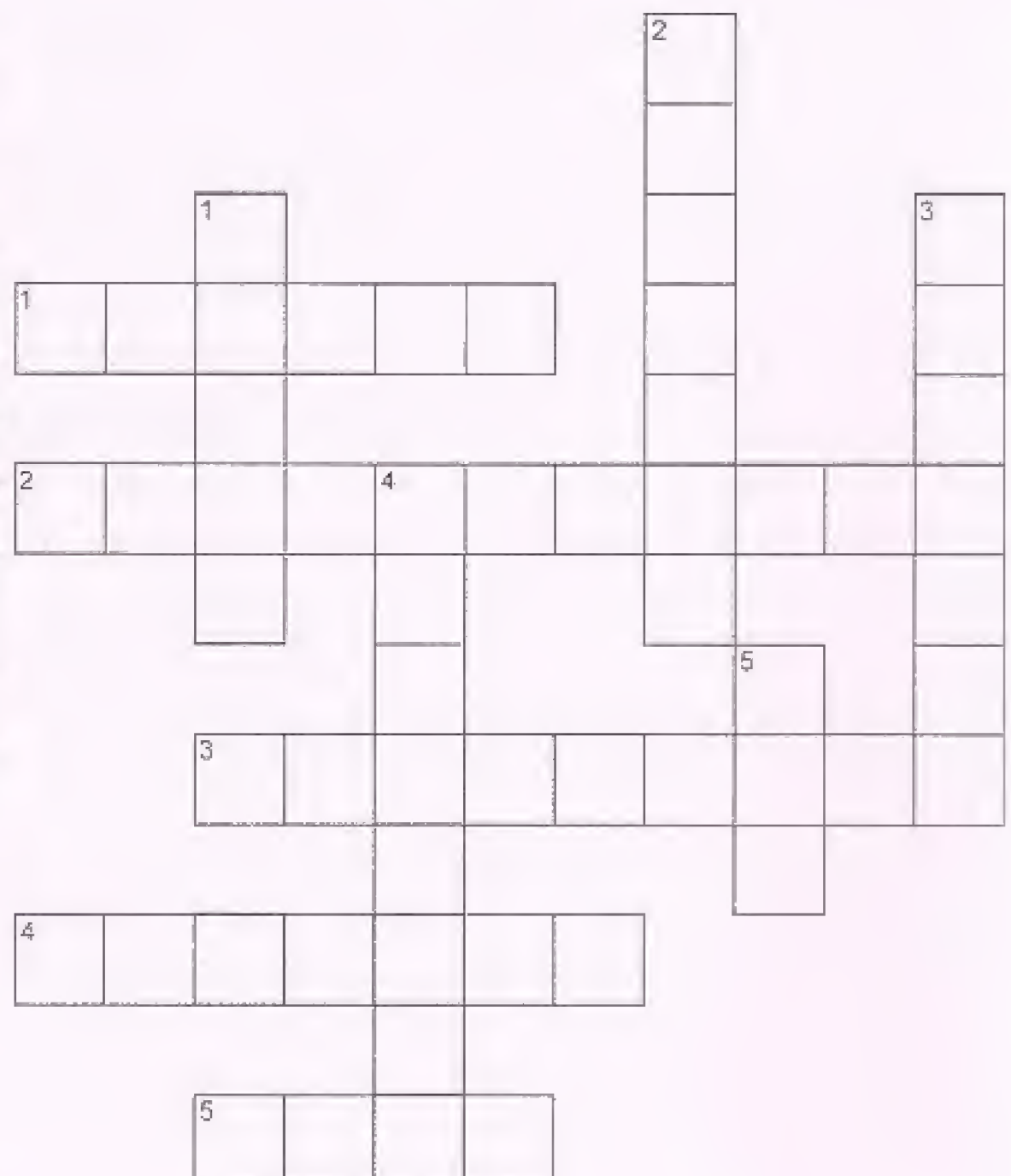
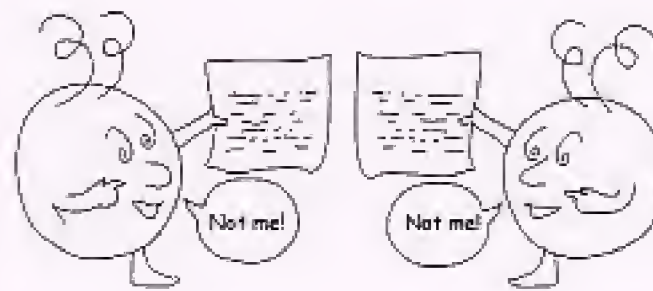
The answers to the crossword clues are given to you in the text of page 1 and 2.

### Across

1. Would you say that primates like chimpanzees are our ancestors or our nearest living cousin?
2. Which is the most recent species of homo genus to become extinct?
3. The process of development of plants, animals and humans over many thousand years.
4. Animals that feed their young with mammary glands.
5. Humans, apes, cats, dogs are \_\_\_\_\_ blooded.

### Down

1. Homo sapiens is the scientific name for \_\_\_\_\_.
2. One of its identification sign is a large braincase.
3. The earth is 4.6 \_\_\_\_\_ years old.
4. Who came first? The mammal or the dinosaur?
5. How many species of the genus Homo have been discovered?





Now, about myself. Who am I?

Say whether true or false.

I am a human being \_\_\_\_\_

I have four limbs \_\_\_\_\_

I am a dinosaur \_\_\_\_\_

I am a reptile \_\_\_\_\_

I am a mammal \_\_\_\_\_

I started life as an egg \_\_\_\_\_

The doctor gave me to my parents \_\_\_\_\_

Human beings evolved; I am part of that evolution \_\_\_\_\_

I am warm blooded \_\_\_\_\_

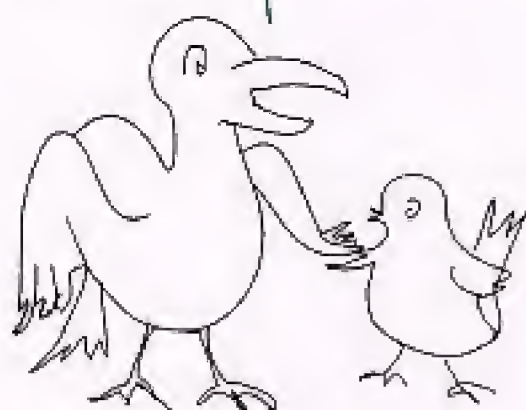
I am also a vertebrate \_\_\_\_\_

I walk on two legs \_\_\_\_\_

I am most intelligent of all beings \_\_\_\_\_

## What's vertebrate?

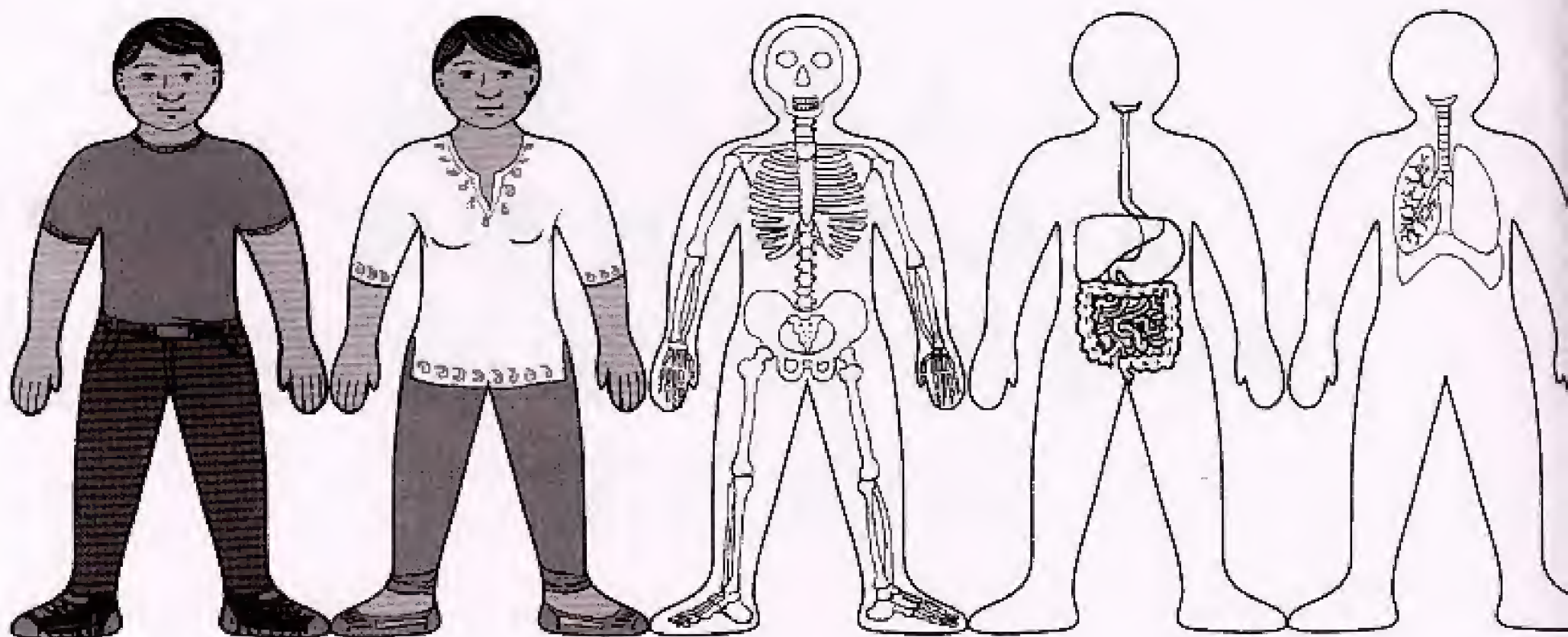
It means having a bony  
backbone, birds have  
one too





**MAKING  
FRIENDS  
WITH THE  
BODY**



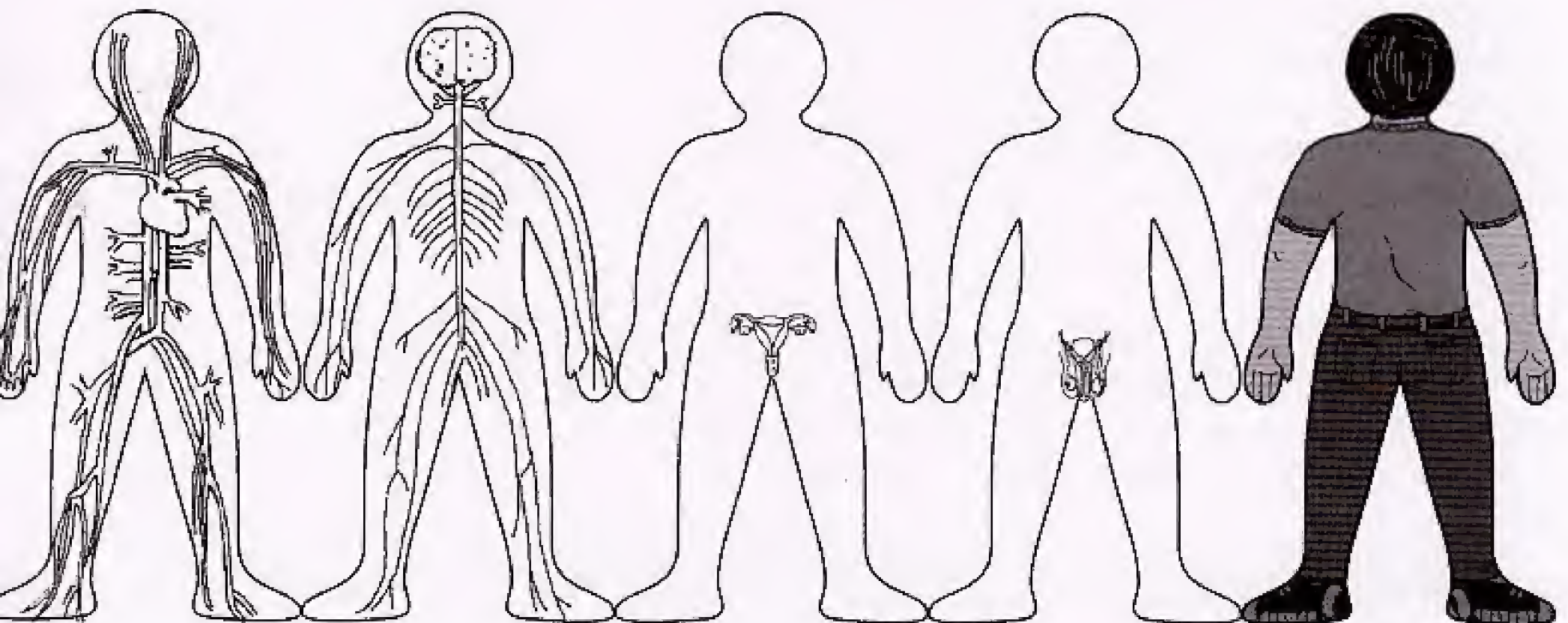




Now let us look at the body systems.

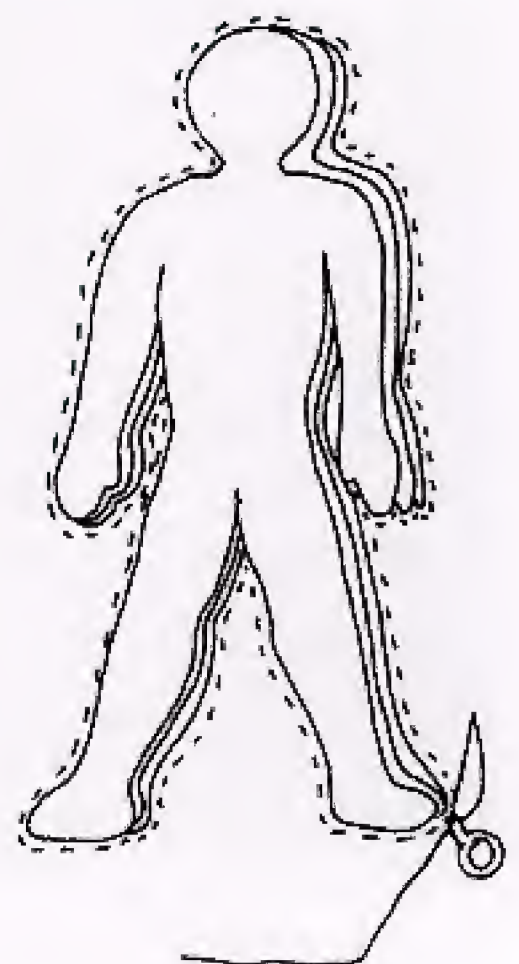
Each of them is given to you below. Name each one. Colour each one differently. Or, you can take a paper 3 inches wide and 12" long. Trace the drawings. Colour them.

Each system works both independently and together with other systems. Illness could affect one system. For e.g. a cold and cough would affect the respiratory system. Sometimes an illness in one system could affect other systems as well. Here are some simple tips to tackle common illnesses.



ans:

skeletal system, digestive system, respiratory system, circulatory system, nervous system, female sexual and reproductive system, male sexual and reproductive system





## Fever

A fever is a temperature of  $100.4^{\circ}\text{F}$  and higher.

### Fever

Hypothalamus in the brain acts as a temperature control centre and sets the thermostat at a higher temperature.

Fever is usually caused by germ infections.

White blood cells fight with any 'outsiders', bacteria, or virus. This needs the body to work harder. The increased heat and pulse are a sign that our body is fighting the infection.

### How to Measure Fever?

The most common method is with the back of our hand. Use one hand on the person having fever and other to test your own temperature. Compare. This tells us the difference between temperatures. But it cannot tell you the accurate temperature. For that you have to use a THERMOMETER.



### What is a thermometer?

Thermometer is made of glass. It has a bulb filled with mercury. Mercury expands with heat and rises up the tube. Since it is opaque you can see it through the glass.



### Taking Care and Keeping Well

We must remember that fever in itself is not an illness. It is an essential body mechanism for fighting infections and is thus a useful process. Only when fever is over  $100$  to  $101^{\circ}\text{F}$  we need to bring it down. Low fever recedes on its own.



### Do this when you get fever

1. Try and keep the room you are in airy and ventilated
2. Do not wear too many warm clothes or take extra covering
3. Put cold swabs on forehead
4. Take a paracetamol tablet, but only after consulting your parents or a doctor



## Cold and Cough

While we are breathing, many substances such as dust and smoke enter our air passage. These cause irritation and the body rejects and throws them out by sneezing and coughing.

Some germs (we can not see them) too enter our air way and cause swelling, blockage and irritation. These can lead to cold or cough.

There are two types of cold. One, which is caused by **VIRUS** that enters the airway and other by an **ALLERGY**.



### Viral cold:

A sudden drop in temperature, a prolonged illness or stress increases possibility of catching a cold. An infection caused by a virus lasts for a week and does not respond to any medication.

A swollen throat can be painful and so can a headache. But no medicines or anti-biotic drugs work on the virus. With enough rest, it will go away in a week's time.

### Allergic cold:

Sneezing, running nose and watery eyes - all these are signs of a cold caused by an allergy to a particular thing. It may be a change in weather or it may be a particular smell, a pollen or dust.

### Cough

As with cold, cough is caused by particles or germs that enter our airway. Our body tries hard to throw these out from the airway. This makes us **COUGH**. Germs causing an infection in the throat or airway are the main cause of cough.

#### Taking Care and Keeping Well For COLD:

Inhaling steam and taking rest will help reduce the discomfort.

Do not buy cold syrups or liquids from drug stores. These are not required and sometimes they can harm you.

If you have allergic cold, you will need some anti-allergic medication.

#### For COUGH

There is a need for medicines to relieve cough but you can do some simple things at home.

1. to relieve throat pain and itching, chew on jaggery, sugar candy or a peppermint
2. inhaling steam also helps in opening up the blocked airway.

#### Did you know?

- Smoking tobacco in the form of cigarettes or bidi can aggravate cough. People working in cotton mills and silicon factories develop a chronic cough due to the pollutants and minute dust and other particles that enter their airway.



Ask your parents, grandparents or neighbours and write down three home-remedies for cold and cough

1. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

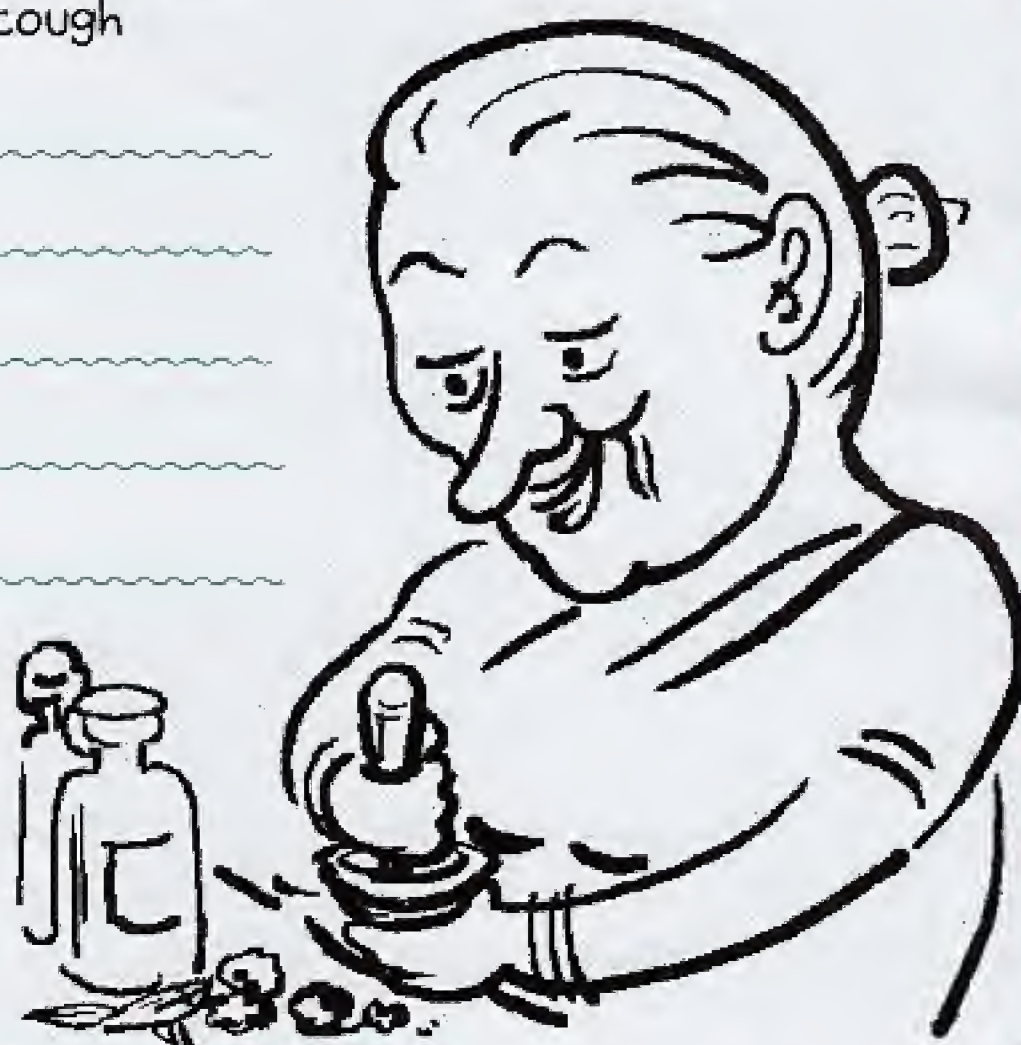
\_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Increase your resistance to fight illnesses like cold, cough or fever. Fruits containing Vitamin C help in this.

Do not eat guava. You have got a cold.



Are you mad? Sour fruits contain Vitamin C. These help me get better.



# Headache

When did you last have headache? Describe what happened?

~~~~~

~~~~~

Which parts of the head were painful?




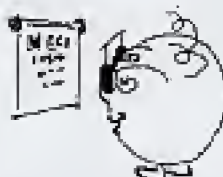

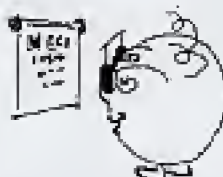






~~~~~

~~~~~

## Why do we have Headaches?

Headache has many causes. The most common causes are hunger, not eating enough, on time and lack of enough sleep. Our brain does not have sense of pain. But the muscles around the brain carry nerves. If these muscles are irritated or hurt by something, they cause pain.

Here are some causes of a headache and their remedy. Match the cause and its remedy.

mental stress/tension		head covered with a cap/ scarf	
hunger		adequate sleep	
not enough sleep		eye check-up/glasses	
problems regarding eyesight		meals on time	
not eating on time,		food	
being in the hot sun for long/ sunstroke		relaxation/cheering up	

It is important to know what causes headache. Whether it is hunger, inadequate sleep, poor eyesight, a blocked nose or toothache... by knowing the correct reason, we can follow simple remedies at home.

By making friends with our body, we prevent illnesses. To prevent headache, too we can take simple measures.





### Taking care and keeping well

A common reason for getting a headache is not getting enough sleep. We need to sleep for at least 8-10 hrs per day.

I sleep at \_\_\_\_\_. I get up at \_\_\_\_\_.

I get \_\_\_\_\_ hrs of sleep everyday.

Our body and mind needs rest to keep functioning well. If you do not sleep for enough time, the next day you might get up with a throbbing headache.

Try this,

- sleep 8-10 hrs everyday
- Find out what keeps you awake and find a solution for that. If it is noise, put ear plugs, if the room is very bright, cover your eyes with a cloth and sleep. You can find similar solutions.



- When the headache is because of not eating on time, here are a few things that you can do
- drink lots of water so that the acids and excess digestive juices in the stomach are diluted
  - eat a piece of bhakri, bread, roti or a handful of puffed rice
  - Try and eat regularly.
  - Avoid very spicy and pungent food



Do you get a headache after reading or in school when you are copying things from the black board?

Do you feel exhausted after reading or writing or watching TV?

If the answer is YES

You need to check your eyesight. Get an adult to take you to an eye doctor.

Poor eyesight or studying in the dark can cause a headache and make you tired.



# HABITS: GOOD OR BAD?

Habit tells us how to get dressed in the morning, how to study, how to get to school and much more. Habits are useful in looking after both body and mind.



We depend on habits to help us get things done.  
Give three examples. (e.g.) brushing teeth

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Habits are so comfortable that it's easy to forget why we do things.  
Sometimes we do useless things just because they are a habit.

Give three examples.

1. e.g. Clicking pen to make a noise
2. \_\_\_\_\_
3. \_\_\_\_\_



Some habits are good. Name three of your good habits.

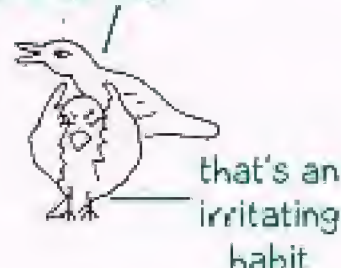
1. e.g. Washing hands before meals
2. \_\_\_\_\_
3. \_\_\_\_\_



Some habits are not so good. Name three of your not so good habits.

1. e.g. Wiping wet hands to clothes
2. \_\_\_\_\_
3. \_\_\_\_\_

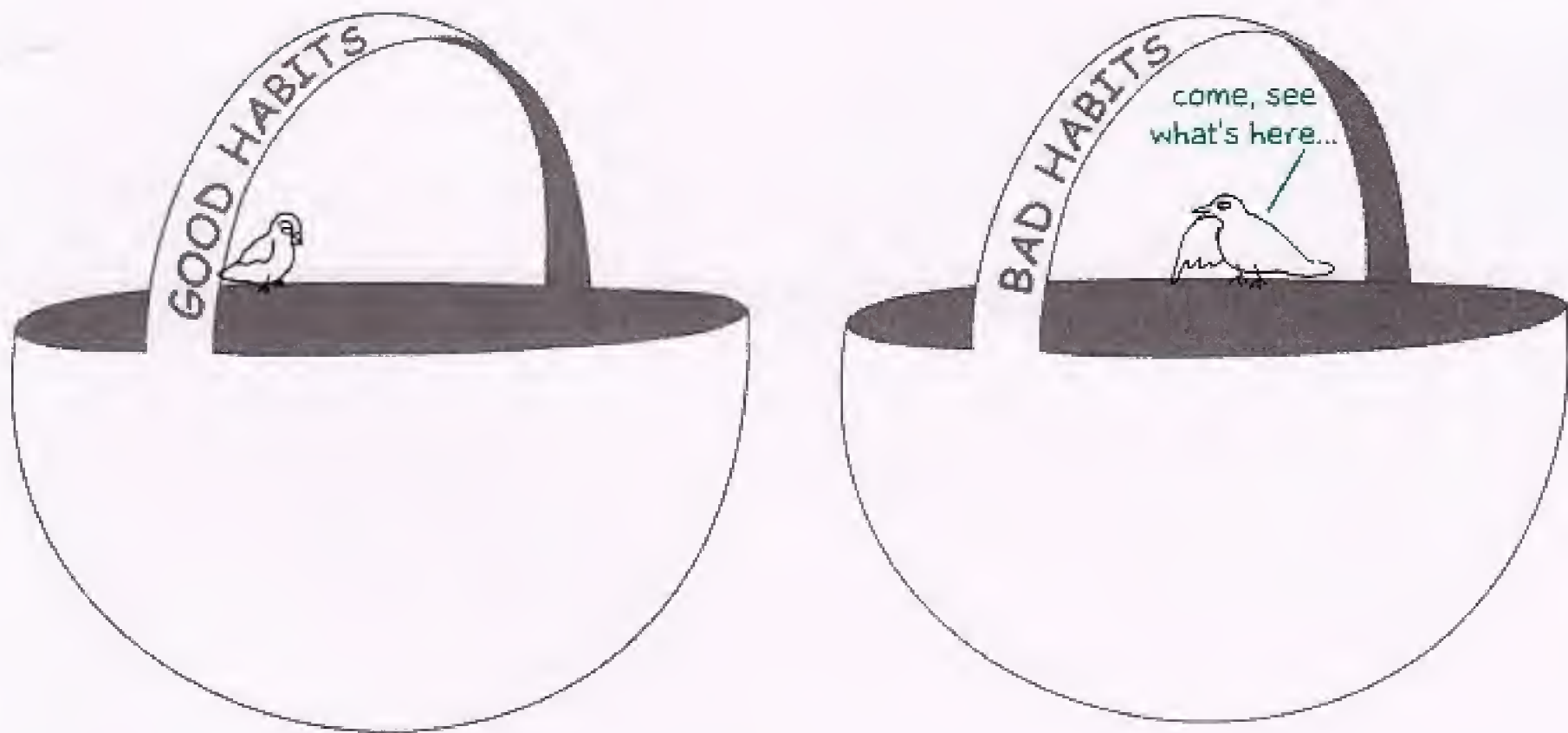
I love to caw





Separate the good habits from the bad habits. Put them in the relevant basket.

Biting nails,      Saying 'This is too difficult' always,      Pulling hair,  
Using bad words,      Talking rudely,      Eating wafers/chips,      Eating one  
sweet everyday,      Helping others,      Dressing neatly,      Brushing  
teeth everyday,      Studying regularly,      Playing computer games all the  
time,      Smoking,      Always asking for help,      Reading,      Always bossing  
others,      Eating vegetables everyday,      Beating others,      Writing neatly,  
Doing things on time,      Getting drunk everyday,      Keeping others waiting,  
Bullying,      Speaking softly,      Eating a handful of sweets everyday,  
Sharing lunch with friends,      Watching TV all the time



Changing Bad Habits needs patience and practice. Name one of your own bad habits. How can you work towards changing it? Give 3 steps.

~~~~~

~~~~~

~~~~~

~~~~~

~~~~~

~~~~~



## ADDICTIONS

## What are Addictions?

Traditionally, the term addiction has been used to describe dependence on substances, such as alcohol, aerated drinks, sweet things and other harmful drugs.

More recently, addiction has been applied to a range of behaviors. These could include watching too much television and playing computer games constantly. However, we can say that addictions start as bad habits that disrupt daily life, do not allow us to socialise and function as usual. It causes relationships to break down, and disrupts work and studies.

Addictions are harmful to mental and physical health of the person and those around them.

- Write down 5 additions that you see around you.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

one, two,  
three...



Choose two and fill in the table below.

Addiction	Why is it bad for the person?	Why is it bad for those around?
1.		
2.		



Raju eats gutka 5 times a day. He has been eating gutka since the sixth standard. He is now in the eighth standard.

How do you think Raju may have started on this habit?

~~~~~

~~~~~

~~~~~

~~~~~

~~~~~

How can Raju give up eating gutka?

~~~~~

~~~~~

~~~~~

~~~~~

~~~~~

Do you think Raju should give up this habit?	Yes/ No
Do you think Raju is a bad person?	Yes/ No
Do you think Raju needs help?	Yes/ No

Say why.

~~~~~

~~~~~

~~~~~

How do you think we can help Raju? Give 3 suggestions

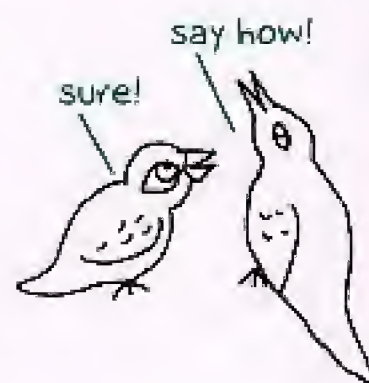
~~~~~

~~~~~

~~~~~

~~~~~

~~~~~





# **BODY IMAGE AND STEREOTYPES**



Draw a full picture of yourself in the box below.



Write on one side of the image, all that you like about yourself.  
On the other side write all that you do not like in yourself.



? What about myself would I like to change?

---



---



---

? What would be the result of such a change?

---



---



---

? What steps can I take to make the change?

---



---



---

I am loved for what I am. Not for what I am not.

I am black and  
beautiful!



I am small  
and pretty





# THINGS ABOUT ME THAT I ACCEPT

**LIST  
THE THINGS  
ABOUT  
YOURSELF THAT  
YOU ACCEPT**

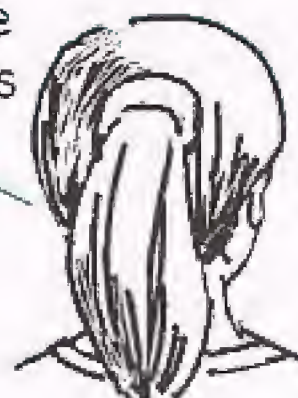


accepting makes  
me feel better



oooh, that's  
hard

My small  
frame because  
Valuable things  
come in small  
packages





## Identify the pictures.

1. Who is the person in the picture? Give the person a name, and write 3 sentences about who you think the person is.

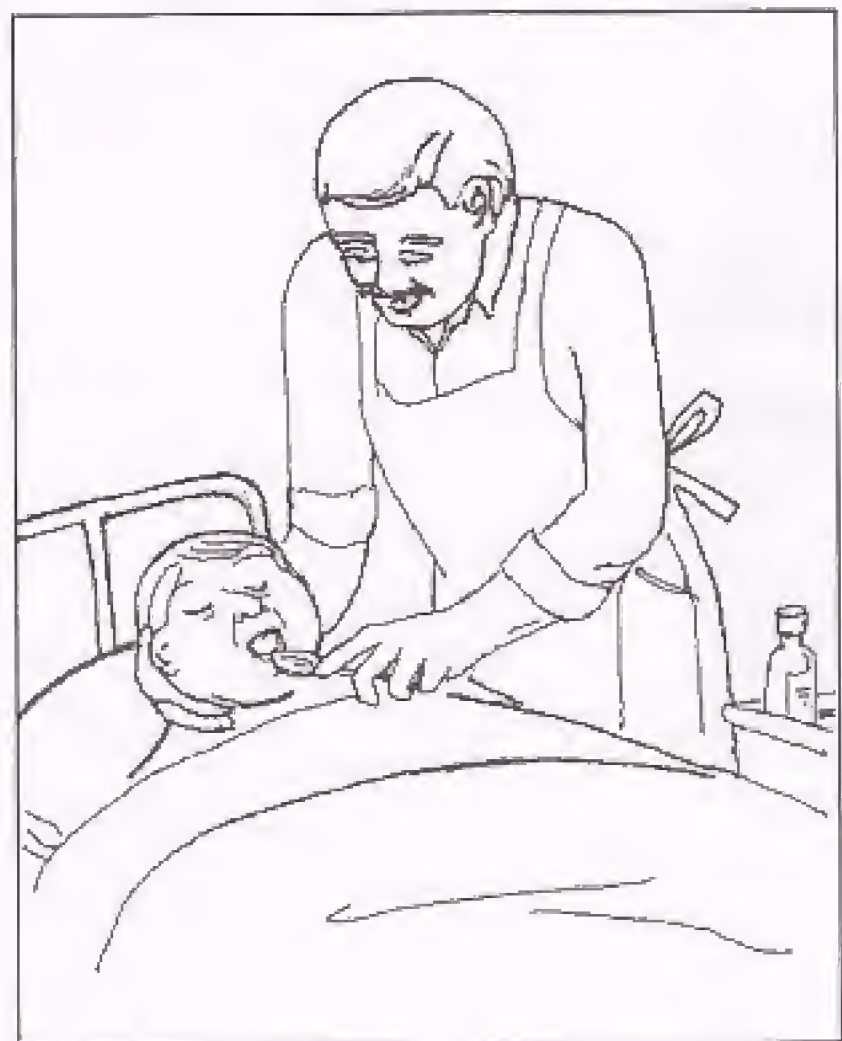


2 Who is the person in the picture? Give the person a name, and write 3 sentences about who you think the person is.





These are the actual pictures given to you in silhouette on the previous page.



1. Did you look at the pictures? Yes / No

2. Were you able to identify the pictures correctly? Yes / No

3. What was the difference between what you wrote and what you see in the pictures above?

~~~~~

~~~~~

~~~~~

~~~~~

In our minds we form common impressions or, first impressions. We often judge with our eyes or by outer appearances. This is called stereotypes. Through stereotypes we often presume behaviors of people.



Write down three words that come to mind when you hear the word

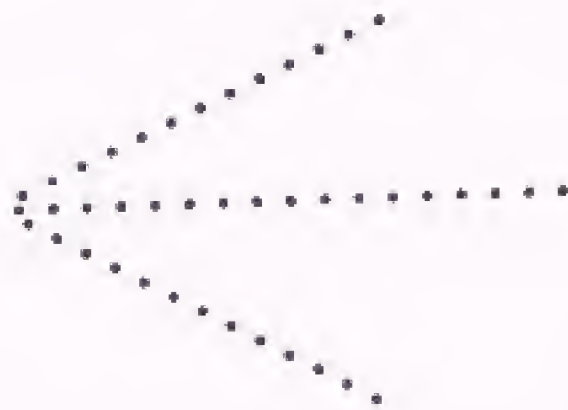
**Sardarji**



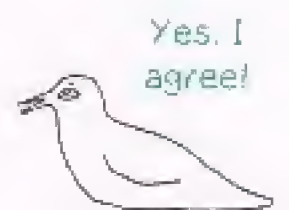
**PRINCIPAL**



**Doctor**



Are the words you put down always true? Yes /No Why?



Are the words positive ones or negative ones?

Change the negative words into positive words

We all have stereotypes in our minds. However,  
it is important to know that and go beyond.



Read the story below and answer the following questions.

Sharad is 7 years old. As he joined school in the first standard, he was scared. He did not know anyone. The new school was big and he was afraid that he would get lost. He sat in one place, and did not go very far. The teachers said he was shy. Soon everyone kept saying he was shy. The other boys would speak a few words to him, and then run off to play.

After a month in school, he did not have any friends. The teachers, assuming he was shy, would not ask him to speak up in class. His classmates would also not ask him to play. After a year in school, Sharad was not afraid of school anymore. But he had not yet made any friends. He felt alone, therefore did not want to go to school.

do birds  
do this?



who  
cares!

1. What was the stereotype that Sharad was boxed into?

---

---

---

2. Who did it create problems for: Sharad, or the boys in his class, or both?

---

---

---

3. Why did Sharad not make any friends in school?

---

---

---

4. Write down 3 things that the boys in his class could have done to improve things.

---

---

---

5. Have you ever faced such a stereotype? Do other children, teachers or your parents have an impression of you that you feel is not really you? Write your story.

---

---

---



Let us understand how such stereotypes work.

Here are some qualities. According to what you think about who possesses this trait, tick the relevant column.



	Man / boy	Woman / girl	Both
Gentle	_____	_____	_____
Caring	_____	_____	_____
Father	_____	_____	_____
Shouts	_____	_____	_____
Gossips	_____	_____	_____
Fights	_____	_____	_____
Looks after baby	_____	_____	_____
Works hard	_____	_____	_____
Plays cricket	_____	_____	_____
Sings	_____	_____	_____
Goes to the shop	_____	_____	_____
Smart	_____	_____	_____
Arrogant	_____	_____	_____
Clever	_____	_____	_____

Why do you think some traits or qualities are attributed to boys or girls?

---



---

How far are they true? Do you think that all women have the qualities that you have ticked?

---



---

Can a woman play cricket? Yes / No

Can a man look after a baby? Yes / No

Can a man be gentle and caring? Yes / No

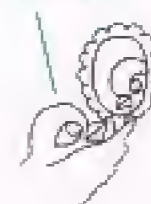
Can a woman be clever and smart? Yes / No

All qualities are learned in the process of growing up. These are human qualities. They differ from person to person.





It does  
not work  
for me



Tick three messages that you think the ad is giving us.

- ☐ It is okay to be dark
- ☐ One must be fair
- ☐ It is more important for girls to be fair
- ☐ It is important for boys also to be fair
- ☐ We cannot change physical looks that we are born with
- ☐ Dark girls and boys are not good looking.
- ☐ Black is beautiful
- ☐ Dark is handsome
- ☐ It is okay to be whoever we are

These messages result in stereotypes such as girls must be fair or boys must have muscles. Are they true? No. Why then are such messages given to us? In this case it is to sell a particular product.



Write down in what ways this could influence the self image of a young person.  
A dark skinned girl or boy could feel that he or she is not good looking.

These harm, restrict and limit the person affected by the stereotype.

Write a letter to the editor of a paper, showing your disagreement for the fairness creams that you see on T.V. and explain the beauty concepts that you would like to promote.

you are so  
beautiful







1. Burmese woman with neck rings
2. Man with long nose
3. Twins
4. Chinese woman with folded feet
5. Indian woman farmer
6. Chinese man with long nose
7. Model
8. African woman
9. Father and son





Look at the pictures and answer the following questions.

(some pictures will fit more than one category)

Name the pictures in which the body characteristics

do you know that  
the jungle crows  
are bigger in size



- Are biological \_\_\_\_\_

- Are due to social customs \_\_\_\_\_

- Are due to weather \_\_\_\_\_

- Are due to eating habits \_\_\_\_\_

- Are due to type of work done \_\_\_\_\_

Name three different ideas of beauty you see in the pictures.

(The first one is done for you).

Idea of beauty

Women should have small feet

The place where the idea comes from

A community in China

Name the pictures in which concept of beauty restricts / limits / causes harm.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

I am  
beautiful  
because  
I am!



I think beauty is...

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



We often look at ourselves through such stereo-typical lenses.  
However each one of us is different!

Say something about the different people you see in the picture. List at least 20 words.



---

---

---

---

---

---

---

---

---

---

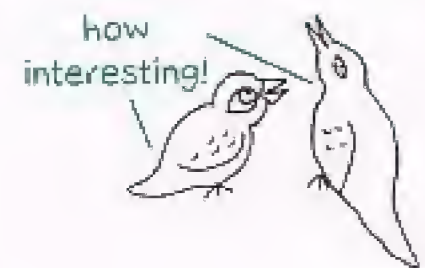


**GENDER**



The biological differences between boys and girls  
are called sex.

The social differences, i.e. the differences created by  
society are called gender.



Society places certain restrictions based on biological sex.

Let us take a look at these.

List the social restrictions for —

### GIRLS

Girls should come home by 8 pm

Girls should not laugh loudly

### BOYS

Boys should not wear jewelry

Boys should not cry

Which list is longer?

GIRLS

BOYS





Let us now list the privileges

### GIRLS

Girls can dress up

### BOYS

Boys can go out to the playground

Which list is longer?

GIRLS

BOYS



Girls and boys enjoy different privileges and restrictions. However, society places more restrictions on women and girls. Restrictions limit us. They do not allow us to fulfill our best human potential. Therefore, we must work out a way beyond the gender restrictions placed on us.



As a boy / girl I would like to change (Name the restriction and say how you plan to break out of it)

A large rectangular area with a dotted border, containing ten horizontal lines for writing.



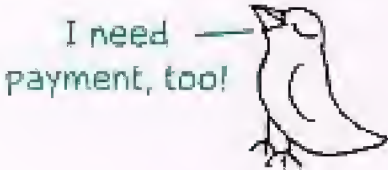
Below is a list of occupations and work that men and women do.  
Which of these are performed by men, which by women?  
Put them in the relevant columns.

cook for the family, teacher, doctor, nurse, bus conductor, washing clothes,  
rickshaw driver, dhobi, chef, social worker, washing utensils at home, vegetable  
seller, looking after children, washing dishes, sweeping the house, pilot, soldier,  
beautician, looking after a sick child, sweeper, stitching clothes, tailor

Women	Paid/ How much per week	Unpaid	Men	Paid/ How much per week	Unpaid

If the job is a paid job, put a yes in the column where it says paid. If the work does not get paid, i.e. it is unpaid, then put a cross in the PAID column and put a yes in the UNPAID column.

Get some help from your teacher or a parent to write down how much money is paid for the given jobs.





Study the jobs done by men. What is common about them?

Study the jobs done by women. What is common about them?

What is different in the jobs done by men and women? Why?

In society we see most often that the work done by men is paid work. Similarly the work is mostly outside the house. Women do the same work, such as washing, cleaning and cooking in the house. This is unpaid work. House work is continuous and does not have fixed hours.

Even if they do get some help, women of the house work seven days a week, all through the year without rest or leisure. It not perceived as 'work'. The result is that even when women 'work' outside the house, it is not considered serious; they generally get paid less than men.



Here is a list of different tasks that most women perform in the house daily. Pick 3 items from the list. Write how you or other family members can help.

Washing clothes, washing dishes, sweeping the house, picking children up from school, feeding very young children, buying daily items, supervising homework, cooking.



we are a family, too!



Work

How we can help

Handwriting practice lines for the 'Work' column, consisting of ten sets of three horizontal wavy lines.

Handwriting practice lines for the 'How we can help' column, consisting of ten sets of three horizontal wavy lines.





# START

Sana is a girl living in a slum. Works as a domestic worker along with her mother, does all the housework like cooking, cleaning, washing plates, etc. Sana studies in the local corporation school.



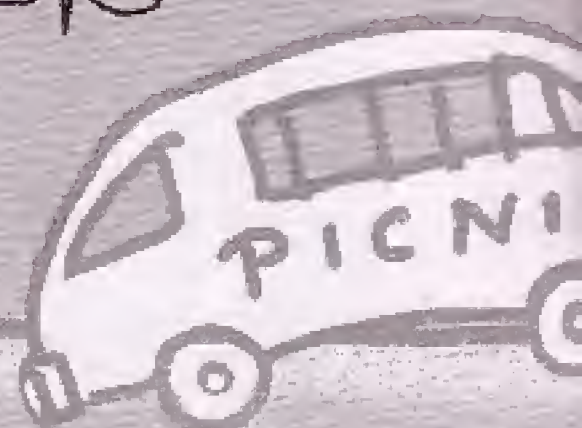
## Who wins the RACE?



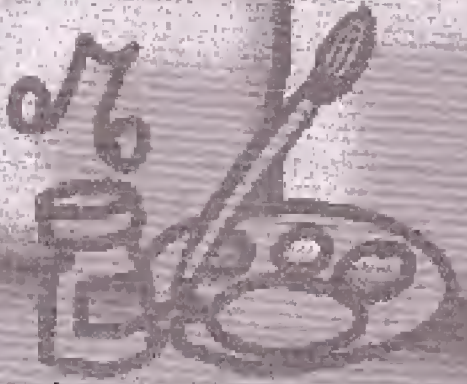
Amar is very good at sports and drawing. He lives in Pune. He is okay in his studies. After school he goes to play football and cricket everyday. His father works in a Bank and his mother works as a school teacher. In the evenings his mother supervises his homework. Sometimes his father helps too.



# FINISH



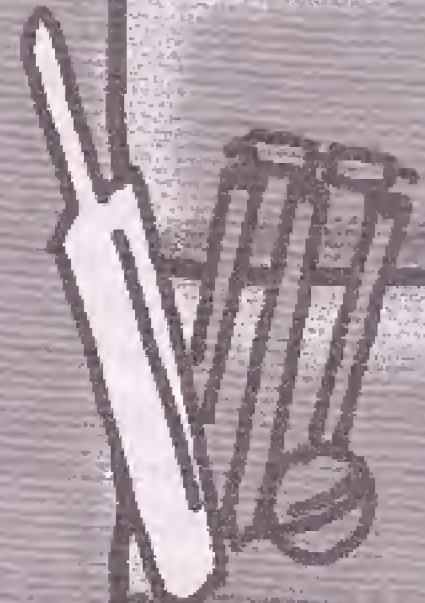
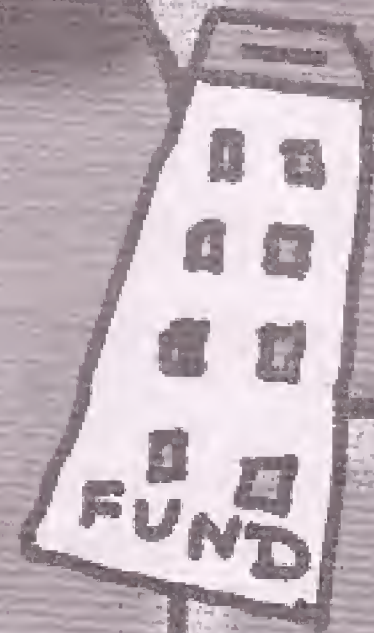




Pramod is a boy living in a small village. He walks 6 kms to the school in the nearby town. Both his parents work as agricultural daily wage labourers. Pramod works in as a mechanic assistant in the summer holidays He uses the money earned to pay his school fees.

Zahir studies in the corporation school. His father works in a local bakery. He is one of six children. His mother stitches clothes at home to earn a little more. He goes to his uncle's workshop to help out after school.

Ria lives in the city. She is an only child. She has a private tutor coming to teach her at home. Her parents feel that she should not go out for any activity, as she is a girl. Ria has a collection of lots of books, CDs, films etc. She does not like maths, but wants to follow her mother's footsteps and become a doctor.





Let us see which child wins the race.  
Give scores according to each child's profile.

- 1. All children have to report on the first day of school in full school uniform, with all text and exercise books. If you think the child will be able to attend the first day of school, jump 2 points ahead. (Score +2) If the child cannot, he /she stays in the same place. (Score 0)
- 2. There is a fight in school. The children are calling each other names. If you think that the the child is hurt and upset take one point backwards, (Score -1) if not take 2 steps forward (Score+2).
- 3. There is a scholarship examination. The school is holding special classes in the evening. If you think the child can attend, jump ahead 2 points,(Score +2) if the child cannot, no points are given. (Score 0)
- 4. The school is selecting children for singing and dancing competition. If you think the child can participate, jump ahead 2 points, (Score +2) if the child cannot, no points are given. (Score 0)
- 5. All children have been asked to contribute Rs 300 towards the school building. If you think the child can contribute, jump ahead 2 points, (Score +2) if the child cannot, no points are given. (Score 0)
- 6. The teacher has asked children to give their names for an overnight school picnic. If you think the child can participate, jump ahead 2 points, (Score +2) if the child cannot, no points are given. (Score 0)
- 7. The fun-fair is an event children look forward to every year. This year the school has asked childrer to make some toys at home and display them at the fair. If you think the child can participate, jump ahead 2 points, (Score +2) if the child cannot participate, no points are given. (Score 0)
- 8. There are inter-school cricket tournaments. If you think the child can participate, jump ahead 2 points, (Score +2) if the child cannot, go 2 steps backward (Score -2)
- 9. There is an important math examination in school. If a child is expected to pass the test give three points.(Score +3) If he or she is expected to fail go one step backward. (Score -1)
- 10. There is an important English language examination. If a child is expected to pass the test give three points. (Score +3) If he or she is expected to fail go one step backward.(Score -1)

Sana	Pramod	Amar	Zahir	Ria

Total



All children started at the same point. But as the game proceeded, some went ahead and some lagged behind.

Who are the ones who went ahead?

Who lagged behind?

Why do you think this happened?

Gender is one aspect of the social differences between people, men and women, girls and boys. Education, place of residence, economic condition, language and other skills, learning skills and many other factors affect children.

What are the other factors?

Share your experiences.

Let's Live Equally!



Preamble of the Constitution says

We, the people of India, having solemnly resolved to constitute India into a sovereign, socialist, secular, democratic republic and to secure to all its citizens:

- Justice, social, economic and political;
- Liberty of thought, expression, belief, faith and worship;
- Equality of status and of opportunity: and to promote among them all;
- Fraternity assuring the dignity of the individual and the unity and integrity of the nation

In our constituent assembly this twenty-sixth day of November, 1949, do hereby adopt, enact and given to ourselves this constitution.

Suggest ways that can take us on this path towards equality.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_







# **GROWING UP GRACEFULLY**



Introducing my friend!

Interview a friend or classmate. Here are some questions. You can add your own.

What is your name?  
.....

Where were you born?  
.....

If you could take a trip to anywhere you wanted, where would you go?  
.....

What is a dream or goal you have for yourself?  
.....  
.....

Who is a person you admire? Why?  
.....  
.....

If you could change one thing about your school, what would it be?  
.....

Name one of your favourite books  
.....

Name one of your favourite movies  
.....

What is your favourite food?  
.....

What are the three things that you learnt about your partner/ friend?

.....  
.....  
.....  
.....

Look around you and list the differences you see among your classmates. List at least 10 more differences.

.....  
.....  
.....  
.....  
.....  
.....

Can you say what makes each one of us unique?

she is very clever!



he is sweet!

.....  
.....  
.....  
.....



We are all different.

Some have few friends

Some have curly hair

Some are tall.

Some are short.

Some are good at studies.

SOME ARE GOOD AT GAMES. Some have lots of friends



One boy likes Shah Rukh Khan a lot.

Some have lots of hair

Each one of us is unique.

These include some aspects that we are born with, like being a boy or a girl, and some that we learn and grow up with. List them below under the columns.

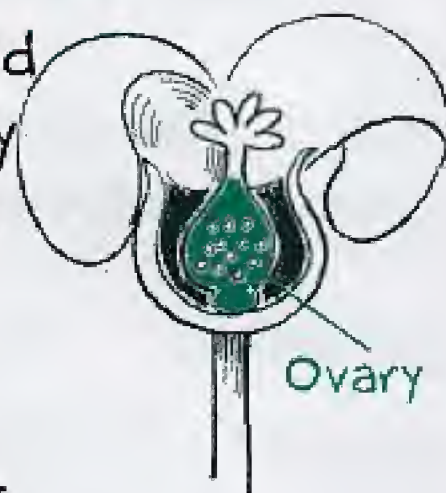
Distinguishing qualities I am born with		Distinguishing qualities I have learned
	●	
	●	
	●	
	●	
	●	
	●	
	●	
	●	

We are different yet we have the same origin. We have evolved over millions of years. For continuity both the animal and plant species must also reproduce. To reproduce there has to be union of the egg (in the female) with the sperm in the (male).

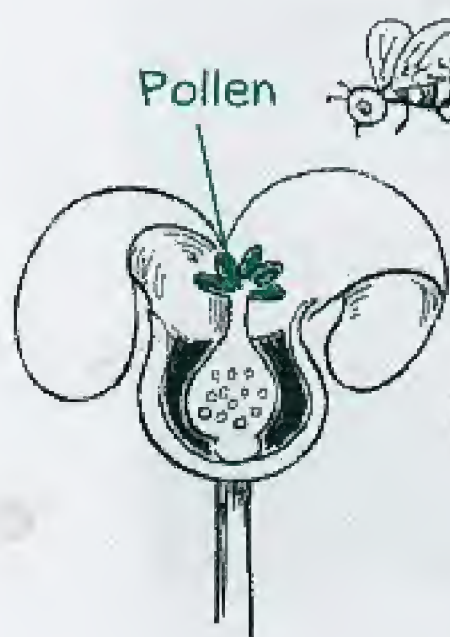


# HOW DO PLANTS BEGIN?

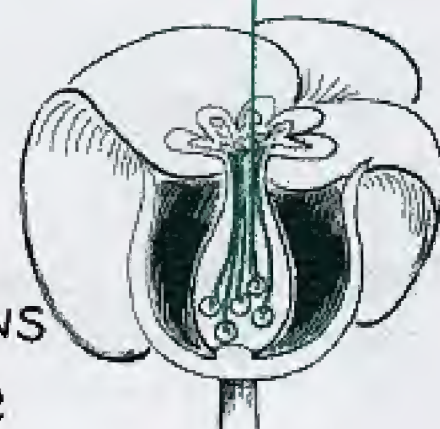
In a plant the eggs are in a part called the **ovary**. In most flowers the ovary is just above where the petals join the stem.



The eggs need a helper. This helper is called **pollen**. The pollen is brought from another flower by bees, butterflies, etc. as they fly from flower to flower. Some part of the pollen brushes off the bees on to the part just above the ovary.



Pollen tube reaching egg



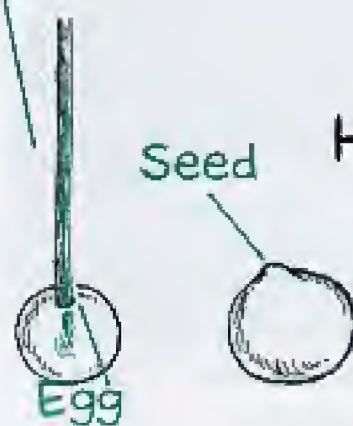
Each grain of pollen that the bee brings forms a **long tube**, which grows down towards the eggs. Each tube enters one egg.

Tube

Seed

Egg

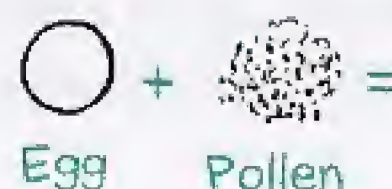
Here is a close look at the pollen tube entering the egg.



When this happens, the egg and the pollen join together and change into a **seed**.

This change is called **fertilisation**.

The seed then grows into a **plant**.

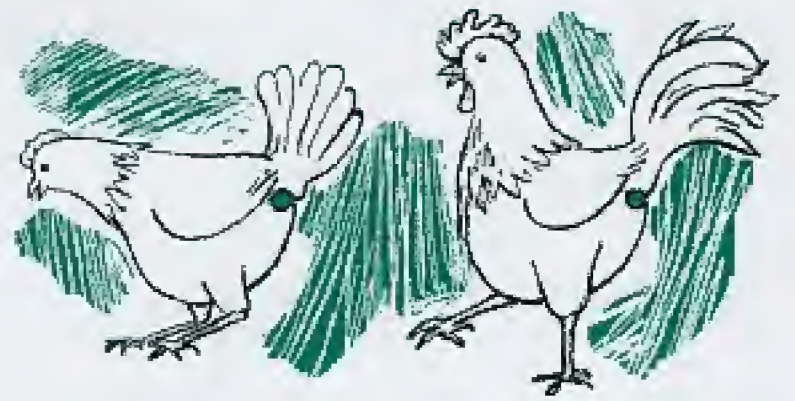




# HOW DO HENS BEGIN?

Mother chickens, called hens have eggs.

Father chickens called roosters, have sperm. These have to unite for a baby chicken to be born. To make this happen the hen and rooster use the openings under their tails.



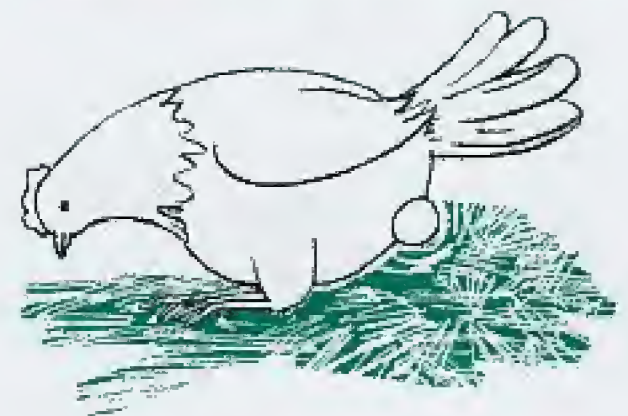
To send the sperm into the hen's body, the rooster climbs on to her back and places his opening against hers. Then his sperm moves into the opening in her body.



In the hen's body, the sperms swim up from the opening towards the eggs. Some eggs are entered by sperm; some eggs are not. When a sperm enters an egg, a change takes place, the same kind of change as when the pollen joined with the flower egg. And this change is also called fertilization.



As the fertilized egg develops into a baby chick, a shell forms around it to protect it. In one or two days the hen lays the egg in a nest. The egg comes out of the same opening that the sperm went in.



The mother hen sits on the egg in a nest and keeps it warm.



After about 21 days the egg hatches. Out comes a new baby chick.

Hens also lay unfertilised eggs. No chicks will ever grow inside unfertilized eggs. Usually the eggs we eat are unfertilised.

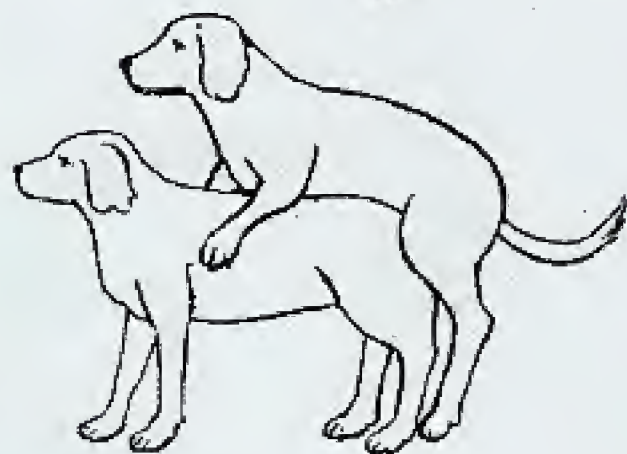




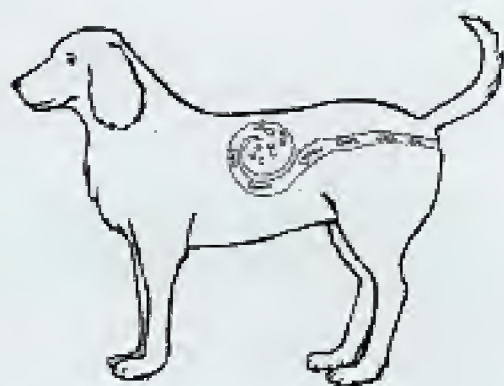
# HOW DO PUPPIES BEGIN?



In dogs, as in cats, horses, and many other animals, the father's sperm come from parts of his body called testicles. The sperm go out of his body through a special tube between his legs called a penis. The two little bags behind the penis hold the testicles.



During mating, the male dog places his penis inside an opening in the female dog's body called the vagina. The sperm then enters the female dog.



The sperm swims up to the eggs, which are in the ovary. In the ovary, an egg and sperm unite. The egg is now fertilized.



The fertilized egg moves from the ovary to the uterus. There it begins to grow into a puppy.



This is a puppy growing inside the female dog's uterus.



After growing for eight or nine weeks, the puppy is ready to be born. It comes out through the same opening that the sperm went into. This is the vagina.

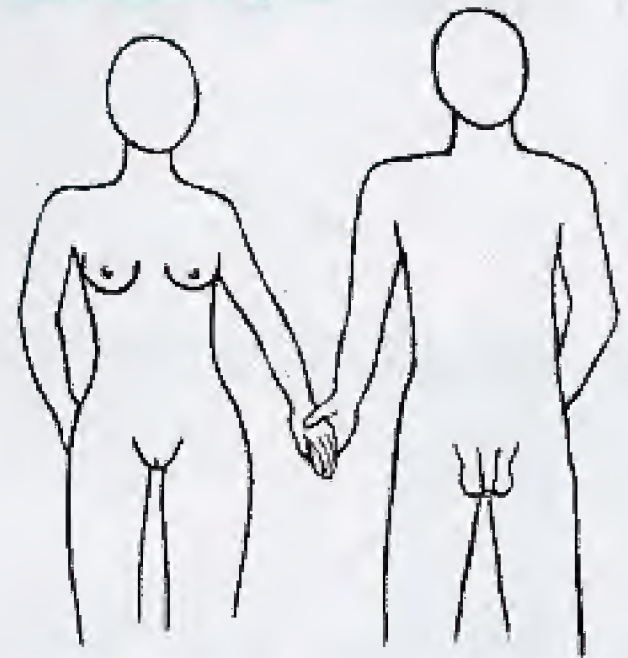
A female dog can have more than one puppy at a time, if more than one egg is fertilised.

The puppies feed on the mother's milk, until they are big enough to eat other foods.



# HOW DO HUMAN BABIES BEGIN?

Human babies also begin like chicks and puppies. The man's sperm must join with an egg from the woman.



The sperms which come from the man's testicles are sent into the woman through his penis. Women also have an opening called the vagina. The sperm enters through the vagina.

The sperm and egg inside the egg-tube unite.



The fertilised egg then reaches the uterus. It stays there and grows for nine months, before a baby is born. The baby comes out through the vagina.



We all began life in this way, through the union of our mother's egg and father's sperm.



We had to be fed milk, mostly mother's milk, or with a bowl and spoon, or a bottle.





During puberty years when we change from child to adult

Our **bodies** change Say how

.....

.....

Our **minds** also change Say how

.....

.....

Our **feelings** also begin to change Say how

.....

.....

**Why do our thoughts change around the ages of 11, 12, 13, and 14?**

This is completely **normal** and **natural**. The body is growing mature and changes size and shape. There are also changes in hormones. Part of growing up also means that our ideas and interests also begin to develop and change. We become more conscious of ourselves, our bodies, what we feel. We want to feel more grown up, and start experiencing **sexual feelings**. We also start getting attracted to people, notice how they look, wonder if they will pay any attention to us and want to be noticed by them.

Sometimes you may see or hear something romantic or sexy or exciting. You may feel something happen in your bodies. Some children have told us that they feel their heart beating faster, or they start to sweat. Girls may feel wetness in the vagina. Boys may feel their penis becoming erect and semen coming out. Your bodies are getting used to these new sensations. As you grow older, you will be more in control of these physical changes.

Read the above passage. Answer the following questions.

Is it normal to feel attractions? Yes      No

Have you felt these feelings in your body? Yes      No      Do not know

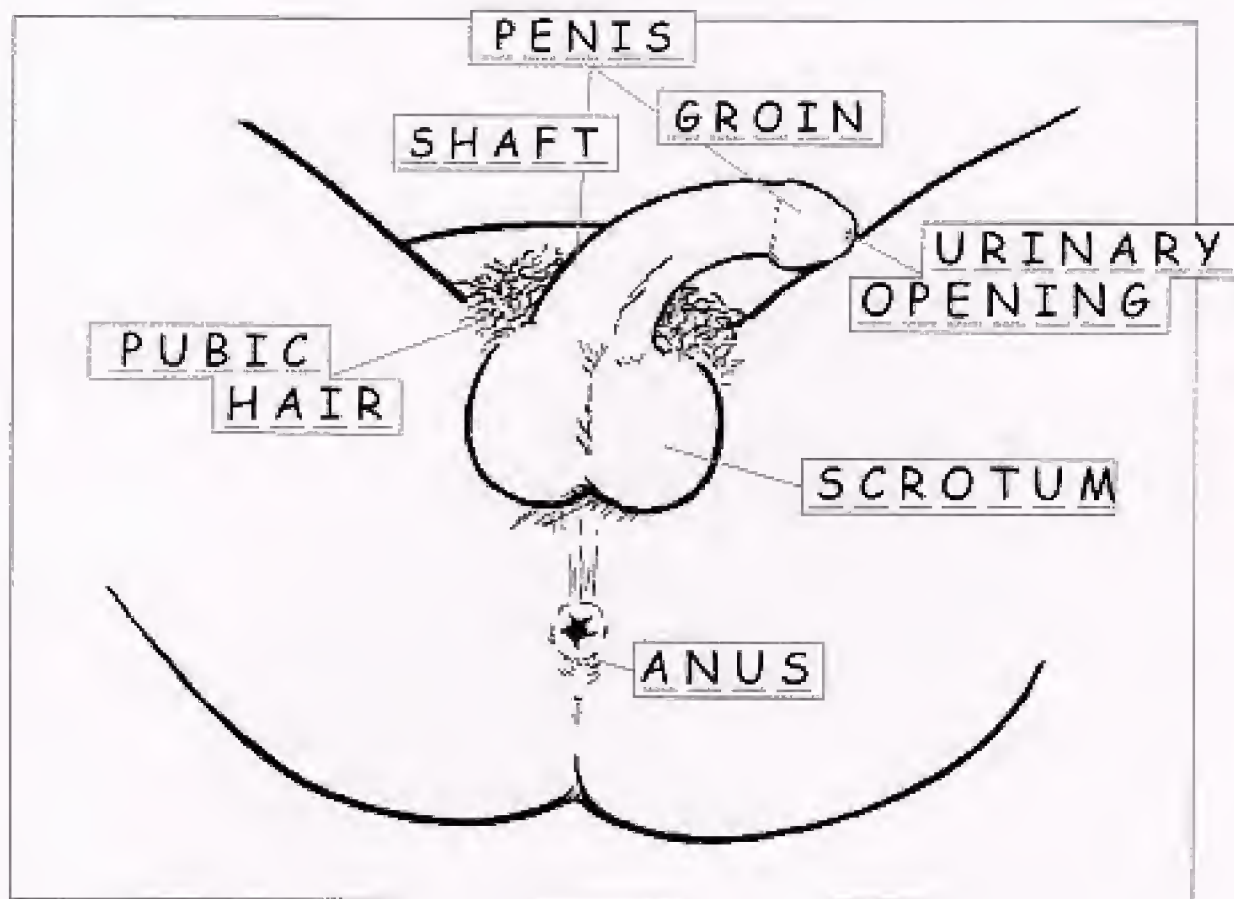
Have felt you embarrassed by such feelings? Yes      No      Cannot tell





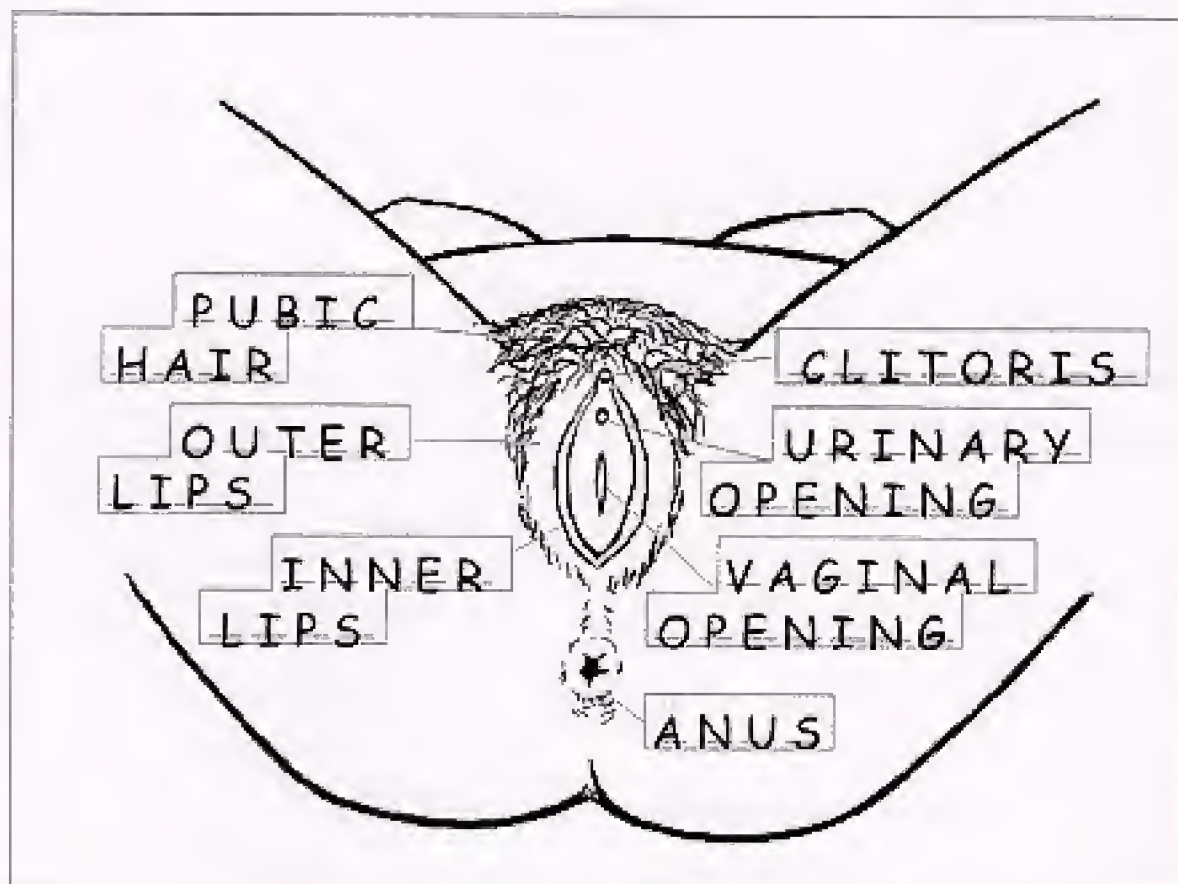
## Learning to use correct and scientific words....

Below are the outer reproductive parts of the male body.  
Find the words in the jumble given.



PEISTAHS  
NIORRRIN  
AYPENGNI  
SORMUSA  
NCIBPRAI

Below are the outer reproductive parts of the female body.  
Find the words in the jumble given.



IARBICUTE  
RUPSINENR  
ISPLITSIRO  
RANRUGIN  
PEOAIGLAN  
NINPEOSNU



# WORDS ABOUT SEX AND SEXUALITY

Here are some words about sex and sexuality. Can you find them in the jumble?

C	T	E	C	E	C	T	I	O	V	P	O	S
E	O	W	L	E	F	A	N	T	A	S	Y	B
S	Q	N	I	C	B	N	D	O	G	H	K	A
M	A	S	T	U	R	B	A	T	I	O	N	B
C	O	N	O	R	E	C	E	I	N	R	V	Y
F	E	L	R	F	A	F	W	L	A	M	O	L
E	M	J	I	E	S	C	O	N	D	O	M	I
B	O	D	S	E	T	O	E	G	O	N	E	X
A	T	P	M	L	S	S	E	P	I	E	K	S
B	I	V	E	I	J	N	A	K	T	S	S	U
Y	O	Z	I	N	E	R	E	C	T	I	O	N
E	N	X	O	G	I	O	T	I	K	N	V	W
C	S	I	T	S	R	S	S	D	N	W	P	E

Children in many schools have asked us many questions. All of them would take up too much place. We have answered some of them here for you.  
(Adapted from Red Book, Tarshi, New Delhi)

What is sex? Why do people have sex? How does it feel when you have sex? When can we start having sex?

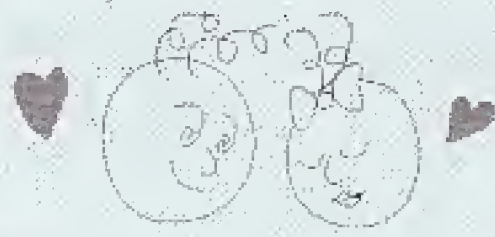
Sex is everything to do with sexual feelings. As you grow up you feel attracted to certain people. You may want to express those feelings. Something happens in your body when you are with that person or are thinking about them. This is a different feeling from the loving feelings you have about other people. People express these feeling through doing things like holding hands, kissing, and other things that give them pleasure. Hugging and kissing your friends or your family is not sex. But hugging and kissing someone you are attracted to in a sexual way is part of sex.

If you are ready for sex, with someone you care about, it feels good. However, it can be a not-so-very-good experience if you are scared or not ready for it. People can start having sex when they understand what they are doing. They should be old enough to understand the after effects of sex. Sex involves the body and mind. It affects relationships, and also the health of both persons. Sex between a man and a woman can lead to babies, which is a serious matter.



## What are sexual feelings?

All those feelings of attraction to certain people that makes you want to express it by holding hand, kissing etc. are sexual feelings.



## Does everyone fall in love?

No. Sometimes individuals may say they are not attracted to anyone. That is natural and okay. Everyone is not always in love, this could also be a passing emotion.

## What is the meaning of homosexual?

People can be attracted to anyone. Different people feel different things and may be attracted to men or to women. People who are sexually attracted to others of their own sex are called homosexual. Women homosexuals are called lesbian and male homosexuals are called gay.

## What is masturbation?

When people touch themselves and get sexually excited and do things to their own bodies that give them sexual pleasure, it is called masturbation. Masturbation may involve rubbing, stroking and caressing one's own genitals. It is a normal and natural activity, done by boys and girls, men and women. As long as people take care to not hurt themselves and do not let it interfere with other things they have to do (like studies, games etc.) there is no harm in masturbating.

## How are babies made? Can people have babies outside marriage?

To make a baby the egg (in the woman) and the sperm (in the man) need to meet and mix with each other. This happens when a man or woman have sex or make love. The man's penis goes into the woman's vagina while they are making love. After some time semen comes out of the penis. The semen has many sperms. They travel into the woman's vagina and reach her uterus. Only one sperm manages to meet the egg. The mixing of the sperm and the egg is called fertilization. The fertilised egg grows in the uterus which nourishes it for nine months. The uterus nourishes the growing baby with blood and other substance from the mother's body.

Yes, people can have sex and babies outside marriage.



## How are twins born?

If the fertilized egg splits into two, then identical twins are born. Sometimes two sperms mix with two female eggs. Then non-identical twins are born.



## What is menstruation? How long is the menstrual cycle?

Menstruation is something that happens to all girls while growing up. It happens every month and is absolutely normal. Some girls get frightened by this and think there is something wrong with them. There is nothing wrong. In fact it is a sign that the body is working and maturing well. Once you have begun menstruating, you may also notice that a small amount of whitish sticky fluid come out of your vagina at certain times of the month. This is normal as long as it does not feel itchy or burn or have a horrible smell.

Menstruation stops totally when a woman is around 45-55 years old. Menstruation is not an illness. At this time of the month you are not dirty. Think about it blood that comes out is the same blood that the body has collected to nourish a baby. How can it be dirty? This blood comes out because it is no longer needed by the body, not because it is dirty.

## Why do women menstruate? Why do they have periods? How do we know we have started to menstruate?

Between the ages of 10 to 15, the ovaries begin to release one egg every month. Just before the ovary releases one egg every month, the uterus begins to thicken its lining and collect blood in case a baby is to be made. If the egg does not meet sperm, then a baby cannot be made. When this does not happen, the blood and lining comes out because it is no longer needed by the body. It takes between two and eight days to come out. That is why women do not have periods when they are pregnant.

We see a little blood on the underwear; we know we have begun to menstruate.

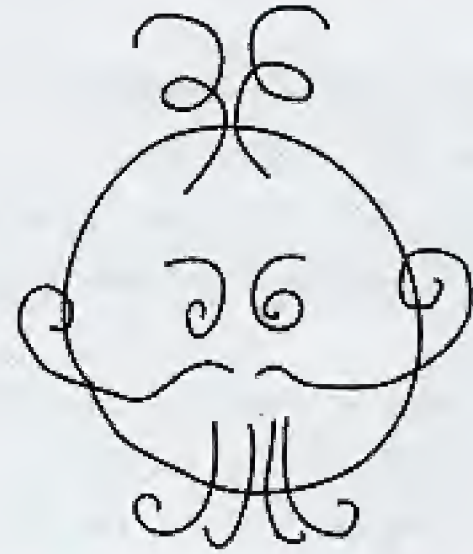




## What are hormones? What do they do?

A hormone is a chemical released into the bloodstream that influences cells at a distance from those that secreted it. Many hormonal effects are very dramatic. Hormones thump hearts, tremble hands, fill you with butterflies of fear. They make you grow. They make you sleep.

Hormones shape embryos into boys and girls, and boys and girls into men and women.



## Why do men have body hair? Why do they have beard and moustache?

From about the age of 10, sex hormones begin to control the body's shaping. There are two groups of sex hormones, androgens and estrogens. The funny thing is that both sexes manufacture androgens and estrogens. The difference is the matter of proportion. Estrogens are made in both sexes, but the female ovaries make them in large quantities. Similarly the males testes' make androgens in large quantities. Androgens are responsible for bone growth, and body hair, other 'male' attributes to the body.



## How long should the penis be?

It does not matter how long the penis is.

## Is masturbation unhealthy?

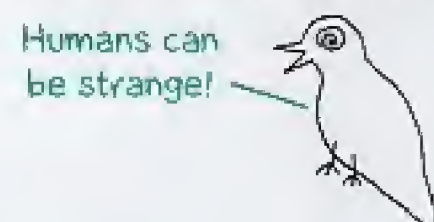
Masturbation is healthy, as long as it does not disturb the work you have to do, such as studying etc.

## Why does it pain during periods?

The muscles of the uterus contracting and releasing causes some amount of pain on the first day of menstruation. A little exercise sometimes helps to relieve the pain.

## Once menstruation starts, why are we not allowed to talk to boys?

This is restriction placed by family and society. Often when menstruation starts girls have to dress in a particular way and are not allowed out of the house. The start of menstruation also marks the body's ability to get pregnant. Families and society get over-protective of girls. Girls must learn to dialogue with boys, to interact, and protect themselves. Boys must also learn to dialogue and interact with girls. This is necessary to promote a safe environment.





Now tick the right answer. You can turn back to find the answers.

Homosexuality is wrong.

- a. no, it is natural
- b. yes, it is not the right way
- c. it is found only among animals

Masturbation makes you weak.

- a. it makes you weak
- b. there is nothing wrong with masturbating
- c. it is bad

One has to be ready for sex mentally, emotionally and physically.

- a. yes, not only must our bodies mature, but even our minds, and emotions
- b. anyone can have sex
- c. sex is for those over age 18

Kissing or holding hands can lead to women having babies.

- a. Yes
- b. No, the man's sperm and the woman's egg must unite for a baby to begin life.
- c. Babies come from the doctor in a hospital

Menstruation makes a woman unclean.

- a. it is bad blood
- b. it makes a woman impure
- c. menstruation is one of the body's natural processes, there is nothing unclean about it

You have to have muscles to be a man.

- a. yes, a man must be strong
- b. you need a penis to be a man
- c. none of the above

Eating too much 'heaty' food such as pickles causes early periods.

- a. True
- b. False
- c. Do not know

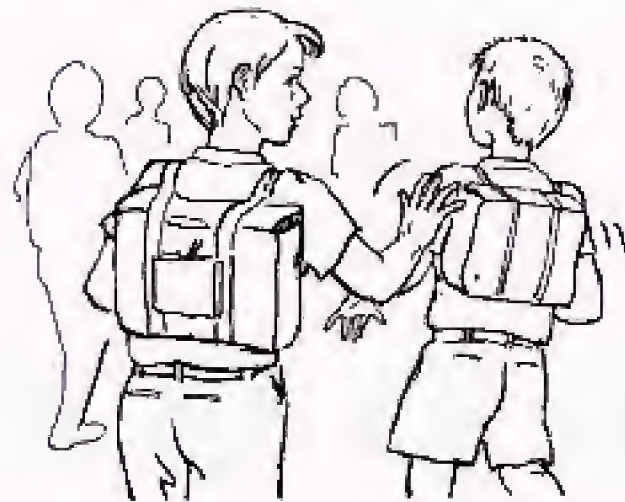
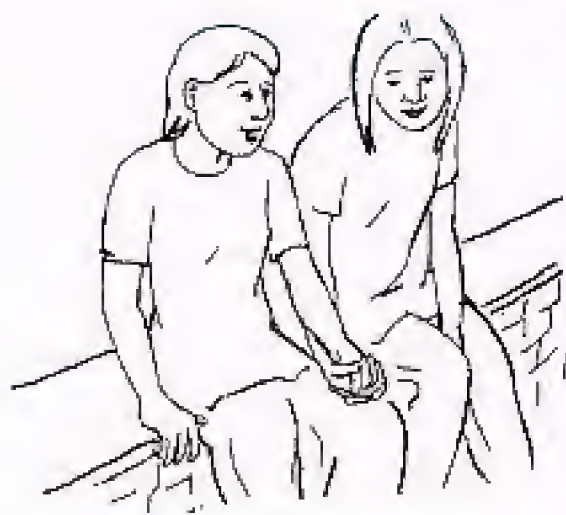




bad touch, bad touch good touch,  
bad touch good touch, bad  
touch good touch, bad touch good  
touch, bad touch GOOD  
TOUCH, BAD TOUCH  
GOOD TOUCH, BAD  
**GOOD TOUCH,**  
**BAD TOUCH**  
touch good touch, bad touch  
good touch, bad touch good  
touch, bad touch good  
touch, bad touch good touch  
bad touch good touch, bad  
touch good touch, bad  
touch good touch.  
bad touch good touch



# GOOD TOUCH, BAD TOUCH



Look at the pictures above. All of them involve some kind of **touch**.

Think about yourself. There are some 'touches' that you like and that make you feel good. Write those here.

.....

.....

And some that you do not like, those that make you feel unhappy or uncomfortable. Write those here.

.....

.....



If someone older (e.g. a relative or a family friend) touches you in a way that you do not like

- Tell the person firmly that you do not like it and that you will tell someone about it.
- Tell someone older (may be your parents or brother or sister, if you have any).
  - Don't be alone with that person.
- Even if you feel scared of their threats, make sure you confide in an adult.
- Always trust your inner feelings about what feels right and what feels wrong.



Read the following story. You are Jaya's friend. Suggest to Jaya a way out.

- Jaya lives in Indiranagar, with her younger sister, and mother.
- Her father works in shifts, and is home at odd times. Her
- mother works as helper in the local anganwadi, and stitches
- clothes at home. She is very particular about Jaya's studies
- and insists that studying is important. She has started an
- evening tuition for Jaya in Maths and English.
- Jaya is in the 7th standard. After she reaches home from
- school, she helps in the housework and then goes for tuition.
- The tuition teacher is Rajudada. He too lives in the same
- vasti. He goes to college, and in the evening takes tuition
- for girls. Sometimes, he does not charge a fee. Therefore,
- there are many children that go to him.
- One day he asks Jaya to come on Sunday for extra classes. While explaining a maths
- problem he begins to touch Jaya in way that makes her feel uncomfortable. She moves
- away. But he pulls her to him and continues to touch her.
- After the tuition is over Jaya continues to feel uncomfortable. She does not know how to
- talk about this to anyone. She does not want to go for tuition anymore. But her mother
- insists on her going. She does not know how to tell her mother. She feels both angry and
- scared. She feels that maybe she did something wrong.



What should Jaya do?

.....

.....

.....

Suggest three ways for Jaya to stay safe.

.....

.....

.....

Do you know a similar story? Write it down.

.....

.....

.....



The stories below are incomplete. Write an ending showing how the children can get out of the tricky situations they are in.



Raju lives in a Basti in Pune city. He is 11 years old. His mother works in other people’s homes. Very often he goes to school without breakfast. The older boys in his school sometimes give him something to eat. But often they ask him to run errands for them. He is sent to get gutkha, cigarettes, paan, etc.

He does not like to do this but cannot say NO to them. Once Raju tried to refuse doing these odd jobs but one of the boys beat him up.

What should Raju do?

.....

.....

.....

.....

.....

Roopa is 13 yr old. She lives in a flat in Mumbai. She is the youngest daughter. Roopa likes to study and play with her friends. Roopa's uncle, Raghuchacha stays with her and helps her in her studies. He always gets her gifts and says that she is the most beautiful girl on earth. Roopa likes him a lot but feels uncomfortable when he hugs her tightly and does not let her go.



Suggest some things that will help Roopa.

.....

.....

.....

.....

.....



## Some tips to stay safe. Learning to say NO.

Saying a clear and loud 'NO' is important.

### When do we say no?

Below are some situations. Tick those that you may have faced.

- I have experienced a bad touch
- I have been bullied by a classmate
- The way that man looks at me makes me uncomfortable and unsafe.
- I have been asked to eat something I do not like.
- I have been asked to play a game, and I do not want to.
- Someone is hitting me.
- An older child in school asks me to run an errand.
- A classmate asks for my pen or book and I do not want to give it.



Add situations you have been faced with where you have felt uncomfortable or unsafe:



.....

.....

.....

.....

.....



## HOW WOULD YOU SAY NO?

For example, when your friend is asking you to give him / her to give a pen. You need it and really do not want to lend it at the moment. What will you say?

.....

.....

.....

.....

A friend has telephoned you. She wants to chat. You are busy with your homework. What will you say?

.....

.....

.....

.....

A neighbour has called you inside his house. He wants to show something. You are not comfortable. What will you say or do?

.....

.....

.....

.....



# HOW TO SAY NO



Saying no when you are confronted with a difficult social or sexual situation takes practice.

Body language gives the other person the hint quite quickly.

Straighten up and move back, keeping some distance between you so that you can get your thoughts clear.

Practice saying no in situations where it is justified; if your little sister is being unreasonably demanding or if someone wants to borrow a pen that you need too.

Don't give in to bullying by being made to feel different.

Recognise that coercion can be subtle. For example, someone might say: "if you don't have a particular T shirt, you will be the odd one out in the group".



# What I have learned

We came from a long process of evolution.



We are mammals.



We began life with the union of the sperm (from man) and the egg (from woman).



We need to learn more about the body to be able to take care of it.



Just as we need to look after the body - the mind too needs looking after.



Our image/ideas about ourselves help us to move ahead.

We need to develop skills to help/protect ourselves from violence and abuse. Learning to say NO is one such skill.



Stereotypes restrict. They are also used to sell a product.



Gender Stereotypes in particular, restrict.



We need to understand our own ideas of beauty.



All women and men are equal.



Homosexuality is normal.



Differences are to be accepted.



Puberty brings along many changes in our body and mind.



Growing up is a healthy body process.





# MY SPACE

A series of horizontal wavy lines for handwriting practice, consisting of 20 lines spaced evenly down the page.



